

WHAT IS CLAIMED IS:

1. In a circular hoop for hip gyration comprising:
  - a hoop tube extending generally in a circle between two ends of the hoop tube, the ends substantially abutting at
  - 5 a hoop tube joint;
  - a flowable substance disposed inside the hoop tube;
  - a coupling tube disposed inside the two ends of the hoop tube and spanning the joint, the coupling tube including a bore through which the flowable substance is freely flowable
  - 10 circumferentially in the hoop past the joint; and
  - a seal preventing the flowable substance from leaking between the coupling tube and hoop tube and through the hoop tube joint, the improvement wherein
  - said coupling tube comprises an inner tube made of a
  - 15 strong and hard plastic covered with a sheath of softer, compressable material, and wherein said seal also comprises said sheath.
2. The hoop of claim 1 wherein said sheath is provided with at least one outwardly projecting rib.
- 20 3. The hoop of claim 1 wherein said sheath is provided with a plurality of outwardly projecting ribs.
4. The hoop of claim 3 wherein said plurality of ribs extend circumferentially about said sheath.

5. The hoop of claim 1 wherein said sheath comprises two parts, said two parts comprising a first sheath part and a second sheath part each extending approximately one-half the length of said inner tube.

5 6. The hoop of claim 5 wherein said inner tube comprises an outwardly extending ridge at a position approximately one-half the length thereof, said ridge separating said first sheath part from said second sheath part.

7. The circular hoop of claim 1, wherein said  
10 flowable substance is a liquid which fills approximately between  $1/6$  and  $1/2$  of an interior space of said hoop.

8. The hoop according to claim 7, wherein the liquid fills approximately between  $1/6$  and  $2/5$  of the interior space of the hoop.

15 9. The hoop according to claim 7, wherein the liquid fills approximately  $1/4$  of the interior space of the hoop.

10. The hoop according to claim 1, comprising a decorative film covering on the hoop tube, said film being  
20 printed with diffraction rulings to provide an iridescent-like appearance.

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